

## Program Data Sheet

Name of Event: Yoga Fit Instructor Training Level 1		
Date, Feb 28-29	Day of Week: Sat and Sun	Time: 0800-1800
Location Fort Monroe Fitness Ctr.	Information Phone #:	Price:
Program Coordinator Jeanette Coffman		
Phone # 757-788-4771	Fax #:	e-mail fitness@monroe.army.mil
Purpose of the Event:  Educational training opportunity. Hosting the Level 1 will enable the facility to host other Yoga Fit Trainings		

### Key POCs

Name	Requirements				
Coffman	Publicity	Yoga Fit		Web site, flyers	
	Equipment	Facility			
	Audio/video	On hand			
	Set-up / Clean-up	Staff			
	Other				

## After Action Report

Financial Analysis		
Sales:		Notes: No cost to Fort Monroe, fees for attending were collected by Yoga Fit.  Fort Monroe Received 1 free training.
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis	
Attendance: 15	
Elements to Change:	
None	
Elements to Eliminate:	
None	
Elements to Add:	
More training.	
Other Comments:	
The Fitness Center has the facility, equipment, and space to offer training opportunities to staff, customers and the surrounding community, bring great public awareness to Fort Monroe.	